



**Get to know your baby
and let your baby know you.**

FIRST HUG

**Babies Who Room-in and
Are Skin-to-skin Get to**

- ♥ Smell you
- ♥ Hear you
- ♥ Feel you
- ♥ Nurse from you
- ♥ Stay warm
- ♥ Be calmed and loved by you

**For a great start, nurse your
baby in the first hour of life
and plan on rooming-in.**



This institution is an equal opportunity provider.

West Virginia Department of Health and Human Resources